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RECOMMEND VITAMIN-FORTIFIED HUMAN MILK

V. Bogdanova

Camilianto in Diological Sciences

For a long time specialists took for granted that vitamins were effective prophylactics only for avitaminosis. They recognized, however, that vitamins, like fats, proteins, carbohydrates, and albumin, played a basic role in metabolism.

It has been shown time and again that the health and development of breastfed babies depended primarily on the quality of the mother's milk. Frequently, however, a mother afflicted with vitaminosis transfers it to the baby through her milk and develops a form of C-by povitaminosis in both mother and child. A decrease in the Vitamin C content of the milk reacts positively on the resistance of the body against infections diseases during suring and summer.

The State Vitamin Centrol Station conducted a survey of human milk at various seasons of the year. It was determined that, starting in January, the Vitamin C content in the milk decreases, while starting in October the Vitamin C content increases.

The scientists engaged in the survey recommended that mothers include in their diets vitamins at the rate of about 300 milligrams every 5 to 10 days.

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